

UTILITY PATENT APPLICATION

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for

EXERCISE DEVICE

Attorney Docket No. 28022-96581

## **EXERCISE DEVICE**

**[0001]** This application claims priority to provisional application No. 60/445,967 filed February 7, 2003.

### **BACKGROUND AND SUMMARY**

**[0002]** The present disclosure relates to an exercise device.

**[0003]** Resistance exercise devices are known. An example of a known resistance exercise product is disclosed, for example, in U.S. Patent No. 5,800,322.

**[0004]** The present disclosure relates to an exercise device including a resistance tube and a body engaging member for engaging a portion of a user's body, such as, for example, a foot, a leg, a hand or arm. The exercise device can be used in connection with various types of exercise, including, for example, Pilates, yoga, core conditioning, stability and stretching. A wide variety of forms of exercises can be performed with the exercise device.

**[0005]** Additional features of the present disclosure will become apparent to those skilled in the art upon consideration of the following detailed description of illustrative embodiments of the disclosure.

### **BRIEF DESCRIPTION OF THE DRAWINGS**

**[0006]** The detailed description particularly refers to the accompanying figures in which:

**[0007]** FIGURE 1 is a perspective view of an exercise device in accordance with an embodiment of the present disclosure;

- [0008]** FIGURE 2 is a perspective view of the exercise device of FIGURE 1 and a user of the device stretching the exercise device;
- [0009]** FIGURE 3 is a partial perspective and enlarged view of the body engaging member of FIGURE 1; and
- [00010]** FIGURE 4 is a broken view in section illustrating the plug, sleeve and grommet for securing one of the handles to the elongated tube of the exercise device of FIGURE 1.

#### **DETAILED DESCRIPTION OF THE ILLUSTRATED EMBODIMENT**

- [00011]** While the present disclosure may be susceptible to embodiment in different forms, there is shown in the drawing, and herein will be described in detail, an embodiment with the understanding that the present description is to be considered an exemplification of the principles of the disclosure and is not intended to limit the disclosure to the details of construction and the arrangements of components set forth in the following description or illustrated in the drawing.
- [00012]** FIGURES 1-4 illustrate an exercise device 10 in accordance with an embodiment of the present disclosure. The illustrated exercise device 10 comprises an elongated resistance tube 12, a pair of handles 14, and a body engaging member 16 secured to the resistance tube along the length thereof. The resistance tube 12 may have any suitable construction, configuration and dimensions. The resistance tube 12 may, for example, be any commercially available rubber resistance tube. The illustrated resistance tube 12 is constructed of rubber and may have any suitable dimensions.
- [00013]** The handles 14 also may have any suitable construction, configuration and dimensions and may be secured to the resistance tube 12 in any suitable manner and at any suitable location. U.S. Patent No. 5,800,322, which is incorporated herein by

reference, provides examples of handles 14 and of methods of securing the handles to the resistance tube. In the illustrated embodiment, for example, each handle 14 is associated with a respective end of the resistance tube 12. Each handle 14 comprises a fabric strip 20 forming a loop and defining a hole 22 receiving the resistance tube 12, a metal grommet 24 disposed about the hole, and a tubular hand grip 26 constructed of PVC or the like disposed about the strip. A sleeve 30 may be disposed about each end of the resistance tube 12. A rubber plug 32 or the like may be disposed within the resistance tube 12 adjacent each of its two ends. Each plug 32 is received snugly within a channel defined by the resistance tube 12 adjacent the respective open end of the resistance tube and is configured to expand the channel and portions of the resistance tube and sleeve 30 disposed about the plug. As a result, each plug prevents the respective handle 14 from disengaging from the resistance tube 12 by preventing the respective handle from moving distally of the plug. The handles 14 may instead comprise any other type of strip 20 or other structure secured to the resistance tube 12 in any suitable manner. The strip 20 or other structure may be constructed of any suitable material and have any suitable configuration in accordance with other embodiments. Similarly, each of the grommet 24, the hand grip 26, the sleeve 30, and the plug 32 may have any other suitable construction or configuration or may be omitted in accordance with other embodiments.

**[00014]** The body engaging member 16 may also have any suitable construction or configuration, and may be secured to the resistance tube 12 in any suitable manner and at any suitable location. In the illustrated embodiment, for example, the body engaging member 16 is in the form of a contoured nylon engaging strip 42 that includes a pair of connecting portions 50 and 52 releasably securable to form a loop to receive a portion of

the user's body. The illustrated connecting portions 50 and 52 include hook and loop fasteners associated with opposed ends for securing the strip into the loop. The hook and loop fasteners may comprise fastening strips 44, 46 affixed to the strip 42 along its length. One of the hook and loop fastening strips 44 is secured to one side 54 of the connecting portion 50. The other hook and loop fastening strip 46 is secured to one side 56 of the connecting portion 52. The lead end 60 of the overlapping portion 50 is rounded to facilitate ready grasping of the overlapping portion to disengage it from the connecting portion 52. The strip 42 may have any other suitable construction in accordance with other embodiments. The connecting portions 50 and 52 may instead be releasably securable in any other suitable manner, such as, for example, with clips, hooks, buttons, ties, etc. in accordance with other embodiments.

**[00015]** The strip 42 may be secured to the resistance tube 12 in any suitable manner. In the illustrated embodiment, for example, the body engaging member 16 includes a mounting strip 60 that defines a channel 62 for receiving and slidably engaging the resistance tube 12. The mounting strip 60 may be a nylon strip positioned to define the channel 62 and stitched, welded or otherwise secured to the engaging strip 42 in any suitable manner. The mounting strip 60 may have any other suitable construction and configuration or may be omitted, and the channel 62 may be in any suitable form and have any suitable dimensions in accordance with other embodiments.

**[00016]** The exercise device 10 can be used in connection with various types of exercise, including, for example, Pilates, yoga, core conditioning, stability and stretching. The exercise device 10 can be used in any suitable manner. FIGURE 2, for example, illustrates the user stretching the exercise device 10, with the body engaging member 16

secured around both feet of the user and the handles 14 being held by the user to stretch the resistance tube 12. The body engaging member 16 can be engaged with a single foot or any other part of the feet or legs or with a hand or any other part of the arms in accordance with other exercises. Further, either of the handles 14 can instead be engaged with any other part of the legs or any other part of the arms in accordance with other embodiments. There are countless exercises that can be performed with the exercise device 10.

**[00017]** While the concepts of the present disclosure have been illustrated and described in detail in the drawings and foregoing description, such an illustration and description is to be considered as exemplary and not restrictive in character, it being understood that only the illustrative embodiment has been shown and described and that all changes and modifications that come within the spirit of the disclosure are desired to be protected by the following claims: